

國際舉重總會公告

【2025 最新技術手冊重點修正摘要】

2 THE TWO LIFTS

最新技術規則更新奧運量級及定義 The total(總和)及 To compete(參賽)2 個名詞。

The Total

總和

The Total result is the sum of an athlete's best Snatch and best Clean & Jerk results.

總和成績是選手最佳抓舉成績及最佳挺舉成績相加。

A Total result is only achieved if the athlete is successful with at least one Snatch and one Clean & Jerk.

選手至少完成一次抓舉及一次挺舉才有總和成績。

Athletes will still receive a classification for the individual lifts, - Snatch and Clean & Jerk - even if no Total is achieved, in events where medals or rankings are awarded separately for these lifts.

在獎牌或排名分別頒發時，選手將獲得各自抓舉及挺舉排名，即使沒有總和成績。

In events where medals are awarded for the Total result only, athletes who fail all Snatch attempts are eliminated and cannot continue to the Clean & Jerk, and no Total result is registered.

在僅頒發總和成績的賽事，若選手抓舉試舉皆失敗，則被淘汰無法參加挺舉比賽，不計總和成績。

To compete

參賽

An athlete is deemed to have competed only if they attempt at least one lift on the competition platform in the Snatch or in the Clean & Jerk, whether successful or unsuccessful. In Total-only events, if they attempt at least one Snatch, whether successful or unsuccessful.

選手在舉重台上至少完成一次抓舉試舉或挺舉試舉，不論成功或失敗視為參賽。在僅計總和的賽事至少完成一次抓舉試舉不論成功或是失敗視為參賽。

國際舉重總會公告連結：2025 TRCC 原文版請參閱

<https://iwf.sport/2025/11/05/updated-iwf-tcrr-is-now-available/>